



<http://tntswimming.org>
Newsletter for Monday, Dec. 14, 2009



Happy birthday wishes to: Cayley Moore and Ashley Scalf!!!

Practice Plans

Frankfort:

This week – Regular practice schedule. That schedule will be Monday through Thursday evenings starting at 7:30 P.M. Practice for the discovery level swimmers will be Monday and Thursday evenings at 7:30 to 8:15 P.M.

Christmas week – Monday, Tuesday, and Wednesday at 7:30 P.M. Practice for the discovery level swimmers will be Monday evening at 7:30 to 8:15 P.M. No practice on Thursday, Friday, or Saturday. Merry Christmas!

New Year's week – Monday, Tuesday, and Wednesday at 7:30 P.M. and on Saturday afternoon starting at 3:00 P.M. Practice for the discovery level swimmers will be Monday and Wednesday at 7:30 to 8:15 P.M.

Versailles:

This week – No practice on Saturday, Dec. 19 due to the WCI high school swim meet being held at Falling Springs. Our schedule will be Monday, Tuesday, Thursday, and Friday afternoons starting at 3:45 P.M.

Christmas week – Practice on Monday and Tuesday at 3:45 P.M. and on Wednesday morning, Dec. 23rd at 10:00 to 11:30 A.M. No practice on Thursday, Friday, and Saturday. Merry Christmas!

New Year's week – Practice on Monday and Tuesday at 3:45 P.M.; on Wednesday and Thursday (New Year's Eve) mornings at 10:00 to 11:30 A.M.; no practice on New Year's Day; and on Saturday, Jan. 2 at Noon to 1:30 P.M.

Christmas Bowling Party / 4:00 P.M. Sunday, Dec. 20, 2009 / Capitol Bowling Lanes in Frankfort

Please join us on Sunday, Dec. 20th from 4:00 to 6:00 P.M. at the Capitol Bowling Lanes in Frankfort for our Christmas Bowling Party! An information sheet can be found in the swimmer folders at swim practice.

Cardinal Aquatics Christmas Classic / Dec. 11 - 13, 2009 / Louisville, KY

We had 39 swimmers competing at this meet and their efforts were excellent overall!

Top 5 finishes were achieved by: Emma Bryan who won the 14 & under females 100 yard backstroke, took second place in the 200 yard freestyle and 200 yard backstroke, achieved fourth place in the 500 yard freestyle and 1000 yard freestyle, and placed fifth in the 400 individual medley; Mark Bryan finished third in the 9 year-old males 200 yard freestyle, 50 yard breaststroke, and 100 yard individual medley, and fourth place in the 50 yard freestyle, 100 yard freestyle, and 50 yard breaststroke; Nicholas Crowe won the 7 year-old males 50 yard butterfly, placed second in the 50 yard freestyle and 50 yard backstroke, and placed third in the 50 yard breaststroke; Jodie Llanora placed second in the 11-12 year-old females 50 yard backstroke and 100 yard breaststroke; Kirsten Nitz won the 15 & over females 100 yard freestyle, placed second 100 yard butterfly and 200 yard individual medley, and placed fourth in the 200 yard breaststroke; Kendall Stiens placed fourth in the 11-12 females 100 yard backstroke.

State Championship qualifying times were achieved by Ben Bryan in the 11-12 males 50 yard freestyle, 200 yard freestyle, 500 yard freestyle, 100 yard backstroke, and 50 yard breaststroke; Emma Bryan in the 13-14 females 50 yard freestyle, 100 yard freestyle, 200 yard freestyle, 500 yard freestyle, 1000 yard freestyle, 100 yard backstroke, 200 yard backstroke, 100 yard butterfly, 200 yard individual medley, and 400 yard individual medley; Mark Bryan in the 9-10 males 50 yard freestyle, 100 yard freestyle, 200 yard freestyle, 50 yard backstroke, 50 yard breaststroke, and 50 yard butterfly; Katherine Caldwell in the 11-12 females 50 yard freestyle, 100 yard freestyle, 200 yard freestyle, 500 yard freestyle, 100 yard backstroke, 50 yard butterfly, and 100 yard butterfly; Hanna Carr in the 11-12 females 50 yard freestyle, 100 yard freestyle, 100 yard backstroke, 50 yard butterfly, and 100 yard butterfly; Dove DeNigris in the 11-12 females 50 yard breaststroke; Jodie Llanora in the 11-12 females 200 yard freestyle, 100 yard backstroke, 100 yard breaststroke, and 50 yard butterfly; Cameron Martin in the 9-10 males 50

yard backstroke; Kirsten Nitz in the open females 100 yard freestyle, 200 yard breaststroke, 100 yard butterfly, and 200 yard individual medley; Gabrielle Plata-Madrid in the 9-10 females 100 yard freestyle and 50 yard backstroke; Genna Ringler in the 7-8 females 100 yard individual medley; Kendall Stiens in the 11-12 females 50 yard freestyle, 100 yard freestyle, 200 yard freestyle, 500 yard freestyle, 50 yard backstroke, 100 yard backstroke, 100 yard butterfly, and 200 yard individual medley; Abbi Tonges in the open females 100 yard backstroke; Ben Tonges in the 11-12 males 50 yard freestyle, 100 yard freestyle, 200 yard freestyle, 500 yard freestyle, 50 yard backstroke, 100 yard backstroke, and 200 yard individual medley; and Hannah Webber in the 11-12 females 50 yard breaststroke and 100 yard breaststrokes.

Team records were achieved by: Kirsten Nitz in the 15-16 females 200 yard breaststroke and 200 yard individual medley; and by Mark Bryan in the 9-10 males 100 yard individual medley.

Congratulations to our swimmers on their successes!

Kirsten Nitz swam at USA Swimming's Short Course Junior National Meet

On Saturday, Dec. 12 Kirsten became the first swimmer to represent TNT Swimming at USA Swimming Junior Nationals. Junior Nationals is USA Swimming's national championship swim meet for age 18 and under swimmers who have achieved the qualifying times to swim at this meet.

Kirsten swam the 200 yard backstroke in 2:06.49 placing 110th out of 170 female swimmers qualified and entered into this event and she swam the 100 yard freestyle in :52.49 placing 91st out of 225 swimmers qualified and entered into that event.

Congratulations to Kirsten on her outstanding accomplishment!

Let's work hard and get a bunch of her teammates qualified to go swim with her at these prestigious swim meets!

Iron Swimmer Closed Invitational / Saturday, Jan. 9, 2010 / Versailles, KY

We will be hosting the Iron Swimmer swim meet at the Falling Springs pool in Versailles. This meet features the 1000 yard freestyle, 200 yard butterfly, 200 yard backstroke, 200 yard breaststroke, and 400 yard individual medley as open competition (no age-groups). Plus we give our swimmers who swim at this meet their very own Iron Swimmer t-shirt! Cost to participate in this meet is \$25.00 per swimmer.

Start times:	<u>Session</u>	<u>Warm-ups</u>	<u>Competitions starts</u>
	Saturday morning	7:00 A.M.	7:45 A.M.

The parents of our team had an outstanding response to helping with this meet last year and we got outstanding volunteering to help with the Katie Brandenburg earlier this season! We thank you!

Bill Ayer has graciously volunteered to organize the officiating for this meet. We will need everyone who is certified as a stroke & turn to help. Please contact Bill at: bayer@jtgattorneys.com to volunteer for officiating. Terri Tonges and yours truly be the meet directors. Several other volunteers are needed for various duties such as being a lane timer, a runner, safety marshal, computer and timing console operators, hospitality, as well as meet set-up and clean-up. Terri can be contacted at: TJTonges@windstream.net and I can be contacted at: swimmarv@windstream.net to volunteer to help with this very important venture for our team.

Please contact me at swimmarv@windstream.net **NOW** to sign-up for this meet.

CAC January 12 & younger Invitational / Sunday, Jan. 10, 2009 / Indian Hill (Cincinnati), OH

We have added this one day swim meet for 12 & younger swimmers to counter and to compliment our own Iron Swimmer swim meet that is long distance swimming events. This meet is hosted by the Cincinnati Aquatic Club at the Cincinnati Country Day High School located at 6905 Given Road, Indian Hill, OH 45243. The meet features 12 & under sprint events divided into single year age groups in addition to a 6 & under age-group. Swimmers may be entered into as many as 5 individual events and the costs are \$4.00 per individual event plus \$2.00 per swimmer Ohio Swimming swimmer surcharge.

<u>Start times:</u>	<u>Session</u>	<u>Warm-ups</u>	<u>Competition</u>
	Sunday morning	7:00 A.M.	8:15 A.M.
	(100 free, 100 back, 100 fly, 100 breast, and 200 IM for 12 year-old and 11 year-old single age groupings; 50 free, 50 back, 50 fly, 50 breast, and 100 IM for 10 year-old and 9 year-old age groupings)		
	Sunday afternoon	TBA	TBA
	(25 free, 25 back, 25 fly, 25 breast, and 100 IM for 8 year-old, 7 year-old, and 6 & under age groupings)		

Please contact me at swimmarv@windstream.net by **this Thursday, Dec. 17th** to sign-up to swim at this swim meet. Thank you!

Excel Aquatics' Spring Fling Long Course Invitational / April 24 - 26, 2009 / Brentwood, TN

This is a timed-final meet at the Williamson Co. Indoor Sports Complex (920 Heritage Way; Brentwood, TN 37027). This facility has an additional warm-up/cool-down pool. Swimmers can be entered into as many as five individual events per day. Fees are \$4.50 per individual event plus a \$6.00 per swimmer surcharge (\$3.00 per swimmer to Southeastern Swimming and \$3.00 Excel Aquatics surcharge).

<u>Session</u>	<u>Warm-ups</u>	<u>Competition</u>
Saturday morning (8 & under 50 free, 100 IM, 25 breast, 50 fly, 25 back; 10 & under 100 free, 100 IM, 50 breast, 100 fly, 50 back, and 500 free)	7:00 A.M.	8:00 A.M.
Saturday afternoon (200 IM, 50 breast, 100 free, 100 breast, 100 fly, 200 back, 50 fly, and 500 free for 11-12 and 13 & over age-groups)	Not before Noon	Not before 1:00 P.M.
Sunday morning (8 & under 25 free, 50 breast, 25 fly, 50 back; 10 & under 50 free, 100 breast, 50 fly, 100 back, and 200 IM)	7:00 A.M.	8:00 A.M.
Sunday afternoon (200 free, 100 back, 200 fly, 50 free, 200 breast, 50 back, and 400 IM for 11-12 and 13 & over age-groups)	Not before Noon	Not before 1:15 P.M.
Motel info:		
AmeriSuites; 202 Summit View Drive; Brentwood, TN37027		615-373-9477
Baymont; 108 Westpark Drive; Brentwood, TN 37027		615-376-4666
Brentwood Suites; 622 Church Street; Brentwood, TN 37027		615-277-4000
Courtyard by Marriott; 103 Eastpark Drive; Brentwood, TN 37027		615-371-9200
Hampton Inn; 5630 Franklin Pike Circle; Brentwood, TN 37027		615-373-2212
Holiday Inn – Brentwood; 760 Old Hickory Blvd.; Brentwood, TN 37027		615-373-2600
Red Roof Inn; 8097 Moores Lane; Brentwood, TN 37027		615-309-8860
Residence Inn; 206 Ward Circle; Brentwood, TN 37027		615-371-0100
Sleep Inn; 1611 Service Merchandise Dr.; Brentwood, TN 37027		615-376-2122
Steepchase Inn; 5581 Franklin Pike Circle; Brentwood, TN 37027		615-373-8585

Please contact me at swimmarv@windstream.net by **Saturday, Jan. 9th** to sign-up to participate in this meet.

Remaining 2009 - 2010 Short Course Meet Schedule

<i>Date</i>	<i>Event</i>	<i>Location</i>
Jan. 31**	Triton Super Sprint <i>[12 & under 50s of each stroke]</i>	Louisville, KY / Triton Swimming
Feb. 12 – 14	Winter Invite	Georgetown, IN / Riverside
Feb. 26 - 28	Valentine Classic	Shelbyville, KY / Shelby Sharks
Mar. 5 - 8	Eastern Sectional of the Southern Zone <i>[must achieve qualifying times]</i>	Nashville, TN / Excel Aquatics & USA Swimming
Mar. 12 - 14	KY Swimming 13 & over Championships <i>[ages 13 & over who have achieved State Championship qualifying time(s)]</i>	Lexington, KY / Wildcat Aquatics
Mar. 20 - 22	KY Swimming 12 & under Championships <i>[ages 9 to 12 who have achieved State Championship qualifying time(s)]</i>	Louisville, KY / Lakeside

****note:** The Triton meet is 12 & under and is a one day meet and we will encourage all of our 12 & unders to participate at this meet which is a commutable distance for us. And, we are offering this meet in Brentwood for our teenagers (and their younger siblings) as our January meet.